

# World's Delights

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Wendy Haggerty (USA) - February 2018

**Music:** We Are Family - Sister Sledge



**Intro: 64 count**

## **SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS**

- 1-4 Step right foot to right side, step left beside, step right to right side, touch left beside right  
5-8 Swivel left knee, out in out in

## **SIDE TOGETHER SIDE TOUCH, KNEE SWIVELS**

- 1-4 Step left foot to left side, step right beside, step left to left side, touch right beside left  
5-8 Swivel right knee, out in out in

## **RIGHT ARM UP DIAGONAL, LEFT ARM UP DIAGONAL, RIGHT ARM TO LEFT HIP, LEFT ARM TO RIGHT HIP, HIP BUMPS**

- 1 Reach right arm up to right diagonal  
2 Reach left arm up to left diagonal  
3 Put right hand on left hip  
4 Put left hand on right hip  
5-8 Wiggle hips right, left, right, left

## **HEEL WALKS ¼ TURN LEFT**

- 1, 2 Touch right heel forward and place toes down  
3, 4 Touch left heel forward and place toes down  
5, 6 Touch right heel forward and place toes down  
7, 8 Touch left heel forward and place toes down

**(use a bit of funk in your walk. Walk moves to a full ¼ turn with each step)**

**NOTE:** this dance was choreographed in support of people with Parkinson's Disease. It is appropriate for people with Parkinson's and other neuromuscular challenges but can be danced by anyone.  
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Enjoy and spice it up!

**Contact choreographer:** [Whaggerty2016@gmail.com](mailto:Whaggerty2016@gmail.com)/[www.ZestYogaAndFitness.com](http://www.ZestYogaAndFitness.com)